

## How to Keep Me Safe:

- Do not prop me up, my back is not strong.
- I am not ready to sit on my own yet.
- I am rolling a lot now – please watch me so I do not fall.
- Keep small objects away from me so I cannot put them in my mouth and choke.
- Always put me in a car seat when I am in a car – it is the safest place for me to be. Make sure my car seat is put in the car the correct way.
- Do not smoke near me or in my house. My lungs are fragile.
- Do not prop a bottle in my mouth because I cannot take it out and I might choke. I can learn a lot when you hold me and talk to me when you are feeding me.

This information lists activities and normal signs of growth and development that most children will be able to do during this time period. If you have questions about your child's performance or growth and development, contact your health care provider or local health department.

It is important that children have regular health checks at the ages of 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years, 18 years, 20 years. For information on medical coverage, contact your local community service office. If you have medical coupons, ask your doctor or health care provider for a "Healthy Kids" or EPSDT screening.

## How I Grow



3  
to 4  
Months

## How I Develop:

- I can lift my head and chest when you put me on my tummy.
- I may be able to turn over.
- I am really good at following with my eyes.
- I can turn my head when I hear sounds.
- I am beginning to reach and hold small objects in my hands.
- I can put small objects in my mouth.
- I may be rolling from side to side.
- I am beginning to babble and make clicking or squealing sounds.
- I am beginning to imitate.
- I am starting to bring my hands together.
- I am beginning to smile on my own.

## How I Act:

- I do not cry as much as before. My cries are easier to understand.
- I may cry when you take a toy away or stop paying attention to me.

- I get excited when I see people or things I know.
- I do not like being left alone.
- I like to listen – talk to me in simple sentences.

## How You Can Help Me Learn:

- Look into my eyes when you talk to me.
- Put me on my tummy with a toy in front of me so I can reach for it.
- Give me colorful things to look at, like a mobile.
- I like to be carried in a back or front pack. Be sure I am buckled in.
- Give me a safe squeaky toy to hold.
- Make the same sounds back to me; I love to imitate.
- I like to swing in my baby swing.
- Play patty-cake with me.



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**Sincerely,**

**Health Education Resource Exchange Web Team**